

# THSWPA

## Region 5 Division 1 2026 Letter

Coaches,

My e-mail address is: [michael.evans@psjaisd.us](mailto:michael.evans@psjaisd.us).

Here is some other information that might be helpful:

Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.

Please send me word if you are hosting a meet, at least one member of the powerlifting coaching staff must be certified judge on girl's test accessible on boy's website.

### \*\*\*IMPORTANT UPDATE FOR THE 2026 SEASON\*\*\*

The THSWPA will continue to have the **UNEQUIPPED DIVISION** the only additions will be is that we will take the top 12 lifters in each weight class from 1A to 6A combined.

**Results:** We will only use the Power-Score system for the rankings again this year. This is a free down load and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format **WILL NOT** be included in the rankings.

**Dues:** Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are **\$100.00** and must be post marked by February 1, 2026. Late dues will be **\$200.00** and will only be accepted until February 14th, 2026. Any dues postmarked past that date will be returned and your lifters will be disqualified from the Regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:

**THSWPA**  
**PO Box 3021**  
**Brownsville, Texas 78523**

**Last Meet:** The last qualifying date will be Saturday, February 21, 2026. All judges **MUST** be certified for a last qualifying meet. All results from the last qualifying date must be sent to me by midnight, February 21, 2026. **Weight class & Unequipped declarations must be made by 4:00 p.m. on Monday, February 23, 2026.** If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class, and if she unequipped and equipped she will be declared equipped.

**Regional Meets:** The regional meets will be held at the Bert Ogden Arena in Edinburg, TX.

Monday March 2: 1A/2A (AM) & 6A (PM)  
Tuesday March 3: 4A Small (AM) & 4A Big (PM) & Unequipped (Evening)  
Wednesday March 4: 5A Small (AM) & 5A Big (PM)  
Thursday March 5: 3A Small (AM) & 3A Big (PM)

Weigh-In times and additional meet times will be posted at a later date.

**MAKE CHECKS OUT TO: San Diego Powerlifting Activity Fund Fee is \$50 per lifter.**

**State Meet:** The state meet will be in Edinburg, TX. March 18-21st, 2026. More information to come on this ASAP.

## **Rule Clarifications:**

The UPDATED Rule book is posted on the site.  
All Changes will be highlighted in yellow.

## **Qualifying for Regional and State Competition:**

**Equipped:** The top 12 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 12 of your weight class for your division, reach your weight class's automatic total or be the one of the top 2 lifters from your UIL classification. There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class' automatic total at the Regional meet, or be the one of the top 2 lifters in your UIL classification at the Regional meet.

**Unequipped:** The top 12 lifters in the weight class with all divisions combined will lift at Regionals, only the top 2 from each weight class will advance to state.

Finally, Coaches, please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - \$1000 Scholarships per region. It is very important that the scholarship packet is complete or it will not even be considered (all letters, application and transcript.)

Good Luck to you all and I hope to see you around at the meets.

If any rules questions or general concerns, please text me. (512) 644-9087 or [michael.evans@psjaisd.us](mailto:michael.evans@psjaisd.us)

Mike Evans  
THSWPA Region 5, Division 1 Director  
PSJA North, HS